



# 2021 City of Manchester Step Goal Challenge



**A New Year means a NEW STEP CHALLENGE!** This year the steps start low in January and work their way up until June and July and then come back down. If you reach the step goal for the month you will be entered into a raffle to win a **\$25 Hannaford Gift card**. Anyone who successfully completes the challenge for all twelve months will receive a **\$50 Amazon Gift Card**.

If you reach the step goal submit your total steps for the month using our [online form](#) or submit your tracking sheet to [wellnesscommittee@manchesternh.gov](mailto:wellnesscommittee@manchesternh.gov). Just enter your daily steps and it will add your total steps for the month.

**January:** 50,000 steps

**February:** 100,000 steps

**March:** 150,000 steps

**April:** 200,000 steps

**May:** 250,000 steps

**June:** 300,000 steps

**July:** 300,000 steps

**August:** 250,000 steps

**September:** 200,000 steps

**October:** 150,000 steps

**November:** 100,000 steps

**December:** 50,000 steps

FIRST NAME	LAST NAME	DEPARTMENT	MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Total Monthly Steps</b>						